



SARATOGA COUNTY OFFICE FOR THE AGING-October 2014
HOME DELIVERED MEALS 363-4020

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Beef Pot Pie Beets Warm Apple Crisp	2 Baked Ziti w/Meat Sauce Wax Beans Garlic Bread Apricots	3 Sweet and Sour Chicken Rice Broccoli Wheat Bread Fruit Cocktail
6 Chicken BBQ Mashed Potatoes Peas Wheat Bread Applesauce	7 Hot Dog w/Sauerkraut on a Roll Baked Beans Carrot Coins Peaches	8 Spaghetti w/ Meatballs Tossed Salad w/Italian Dressing Garlic Bread Tropical Fruit Parmesan Cheese	9 Pepper Steak Rice Mixed Vegetables Italian Bread Tropical Fruit	10 Mrs. Friday's Fish Cheesy Potatoes California Blend Vegetables Rye Bread Yogurt
13 Closed  <i>Columbus Day</i>	14 Chicken Parmesan Pasta w/Sauce Broccoli Italian Bread Pears	15 Chef Salad w/Ham, Turkey, Cheese, Lettuce, Tomato 1000 Island Dressing Dinner Roll Mandarin Oranges	16 Ham Steak w/Honey Mustard Sauce Sweet Potato Pieces Brussels Sprouts Rye Bread Pineapple	17 Seafood Salad Wheat Bread Four Bean Salad Cottage Cheese Fresh Apple
20 Open Face Hamburger w/Mushroom Gravy Scalloped Potatoes Succotash Applesauce	21 Fish Florentine Brown Rice California Blend Vegetables Dinner Roll Butterscotch Pudding	22 Oven Fried Chicken Confetti Rice Spinach/Kale Mix Italian Bread Apricots	23 Stuffed Peppers Carrot Coins Warm Cornbread Fruited Gelatin	24 Turkey Sandwich on Wheat Mayonnaise Macaroni Salad Marinated Green Beans Mandarin Oranges
27 Chicken Cacciatore Rice Italian Blend Vegetables Italian Bread Peaches	28 Macaroni and Cheese Stewed Tomatoes Brussels Sprouts Rye Bread Yogurt	29 Roast Pork w/Gravy Mashed Potatoes Mixed Vegetables Dinner Roll Applesauce	30 Sloppy Joe on a Wheat Roll Wax Beans Coleslaw Warm Berry Crisp	31 Halloween Special Hot Roast Beef Sandwich w/Gravy Sweet Potato Fries Beets Chocolate Cake With Orange Colored Frosting

Menu Subject To Change

Coffee, Tea and Margarine are served daily at sites. The suggested contribution is \$2 per meal. There is a \$6 fee for guests under the age of 60. Please make checks payable to: **Prestige Services, c/o Saratoga County Office for the Aging, 152 West High Street, Ballston Spa, NY 12020**